

**WHAT IS CLAIMED IS:**

1           1. An insole construction for footwear comprising:  
2                 a base member;  
3                 an intermediate member formed of a soft foam and  
4 having an upper surface and a plurality of raised cushioning elements  
5 on said upper surface thereof; and  
6                 a flexible cover member surrounding said intermediate  
7 member to conform substantially to the shape of said upper surface  
8 thereof;  
9                 said raised cushioning elements being of a height, size  
10 and spacing so as to be self-adjusting to the foot of the wearer to  
11 surround it and prevent it from slipping thereon.

1           2. The insole construction of claim 1, wherein said raised  
2 cushioning elements have a height of approximately 6 millimeters  
3 above the upper surface of said intermediate member.

1           3. The insole construction of claim 2, wherein said raised  
2 cushioning elements are substantially uniformly spaced on said upper  
3 surface at a spacing of approximately 10-30 millimeters.

1           4. The insole of claim 1, wherein said base member is  
2 substantially flat and flexible.

1           5. The insole construction of claim 4, wherein said base  
2 member is provided with a plurality of perforations to increase the  
3 flexibility thereof.

1           6. The insole construction of claim 1, wherein said foam is  
2 polyurethane foam.

1           7. The insole construction of claim 1, wherein said  
2 intermediate member has a thickness of approximately 6 millimeters.

1           8. The insole construction of claim 1, wherein said cover  
2 member is perforated and extends beneath said base member.

1           9. An insole construction for footwear comprising:  
2               a relatively flat, flexible base member;  
3               an intermediate member formed of a soft foam and  
4 having an upper surface and a plurality of raised cushioning elements  
5 substantially uniformly spaced on said upper surface thereof, said  
6 raised cushioning elements having a height of approximately 6  
7 millimeters above the upper surface of said intermediate member and  
8 being of a size and spacing to be self-adjusting to the foot of the  
9 wearer to surround it and prevent it from slipping thereon; and  
10           a flexible cover member surrounding said intermediate  
11 member to conform substantially to the shape of said upper surface  
12 thereof.

1           10. The insole construction of claim 9 wherein said  
2 intermediate member has a thickness of approximately 6 millimeters.

1           11. The insole construction of claim 9, wherein said raised  
2 cushioning elements are generally curved in shape and are spaced at  
3 approximately 10-30 millimeters from each other.

1           12. The insole construction of claim 11, wherein said flexible  
2 cover member is perforated and extends beneath and is secured to  
3 said base member.

1           13. The insole construction of claim 12 wherein said base  
2 member is perforated.

1           14. The insole construction of claim 9, wherein said base  
2 member comprises soft, compressible inserts in the front and rear  
3 portions thereof to provide additional cushioning for the foot of the  
4 wearer.

1           15. An article of footwear, comprising:

2                   an outsole; and

3                   an insole construction mounted on said outsole and  
4 comprising a base member, an intermediate member, and a cover  
5 member;

6                   said intermediate member being formed of a soft foam  
7 and having an upper surface and a plurality of raised cushioning  
8 elements on said upper surface thereof; and

9                   said cover member being flexible and surrounding said  
10 intermediate member to conform substantially to the shape of said  
11 upper surface thereof;

12                   said raised cushioning elements being of a height, size  
13 and spacing so as to be self-adjusting to the foot of the wearer to  
14 surround it and prevent it from slipping thereon, said raised

15 cushioning elements having a height of approximately 6 millimeters  
16 above the upper surface of said intermediate member.

1 16. The footwear article of claim 15 wherein said raised  
2 cushioning elements are substantially uniformly spaced on said upper  
3 surface at a spacing of approximately 10-30 millimeters.

1 17. The footwear article of claim 16, wherein said  
2 intermediate member is approximately 6 millimeters in thickness.

1 18. The footwear article of claim 15, wherein an upper is  
2 secured to said outsole.

1 19. The footwear article of claim 15, wherein said outsole has  
2 perforations in the upper surface thereof and has an upstanding rim  
3 surrounding said insole construction.

20. The footwear article of claim 15, wherein said cover  
member extends beneath said base member.